



Developing Nutrition Resources for Community Agencies That Serve Low-Income Women and Their Families in Rural Georgia

Lori R. Ennis, MS, RD, LD
University of Georgia
Department of Foods and Nutrition
Nutrition Intervention Laboratory
lennis@fcs.uga.edu

Purpose

- Demonstrate that a comprehensive community approach to prevention oriented nutrition, screening, case management, and community support in low-income women and their families will improve nutrition behaviors and modify chronic disease risk factors

Objectives

- Create community-based support for healthy eating patterns and preventive nutrition by developing partnerships
- Develop system and environmental support by using the comprehensive community approach to improve nutrition behaviors and modify disease risk factors

Objectives

- Link County food stamp and public health programs with local grocery stores, Extension services, churches, local radio and TV stations, libraries, and restaurants



Program Impact

- Low-income women and their families
- Food stamp and health professionals
- Community food and health related businesses



Rural Counties Served

- Began as a pilot program in Barrow County, Georgia
- Successfully expanded into Gordon, Floyd, Jackson, and Bartow Counties
- Wilkes and Hall Counties planned for the next fiscal year



Resources Developed

- Six-week class series using visual images and supporting text with literacy level at the third grade or lower
- Website: Handouts, recipes, scripts
- Peer Nutrition Education Manual
- Quarterly newsletter



Website Results

November 1999 – January 2003

- Accesses: ~262,869
- Visits: ~57,348 (5.18 min/visit)

<http://www.fcs.uga.edu/wellnessfirst>



Class Topics and Logos

Adopted from Georgia Office of Nutrition



Additional Classes/Logos Designed



Sample Educational Materials

Health Guide

Follow this guide to learn to [Take Charge of Your Health](#).



Eat three meals a day



Eat smaller amounts of food



Drink water every day



Eat when you are hungry



Stop eating when you are full



Start: Eat 1 fruit and 1 vegetable per day.

Each Week: Add 1 fruit and 1 vegetable.

Goal: Eat 2 fruits and 3 vegetables or 3 fruits and 2 vegetables a day.



15 minutes



+

5 minutes



+

5 minutes



+

5 minutes



=



Start: Take action by walking, biking, dancing, aerobics or any other sport for 15 minutes a day.











Each Week: Add an extra 5 minutes of activity.

Goal: Do 30 minutes of activity a day.

Sample Recipes



Low-fat Chicken Pot Pie
15 Minutes to Make, 50 Minutes to Cook!
Recipe Cost: \$6.12

Ingredients	Directions
 2-5 oz cans white chicken meat	 Wash your hands.
 1 cup low fat cream of chicken soup	 Combine chicken meat, cream of chicken soup, chicken broth, and mixed vegetables.
 1 cup fat free, low sodium chicken broth	 Spray 8x8 casserole dish with cooking spray. Pour soup and chicken mixture in casserole dish.
 2 bag (10 oz) frozen mixed vegetables	 Combine milk and biscuit mix. Pour over casserole. Bake at 350 degrees for 50 minutes.
 1 cup low fat biscuit mix	
 1 cup fat free milk	
Makes 6-1 cup servings Nutrition Information: 280 calories per cup, 6 grams of fat, 6grams of fiber	Vitamin A 10% of RDA, Vitamin C 40% of RDA, Calcium 35% of RDA, Iron 4% of RDA.



Collaboration with Community Agencies

- Six-week lunch-n-learn class series offered to community agency employees
- Trained to deliver simple nutrition messages
- Participate in community approach to health promotion
- Provide training for website usage



Collaboration with Community Agencies

- Example of Agencies: DFACS, County Health Department, Housing Authority, Family Resource Center, County School Nurses, and Family Connection
- Private Partnerships: Publix, Wal-Mart
- Work closely with County Extension Agents



Current Activities

- Floyd County School Nurses
- Bartow County Health Department
- Barrow Community Series
- Jackson Housing Authority
- Gordon Peer Educators
 - Family Resource Center
 - Family Advocates



Annual Activities

- Elementary School Health Fairs
- High School Health Fairs
- Barrow Women's Health Conference
- Best of Barrow Community Resource Fair
- Jackson Boys & Girls Auction



Other Community Agency Initiatives

- Work with Family Connection to establish a Safe and Healthy committee in Jackson County
- Work with the Northwest Georgia Health District to plan, develop, and implement the “Fit to Eat” Program



Fit to Eat

- Promotes smoke-free dining & healthy meal choices in participating restaurants
- Planning committee includes:
 - Local health department
 - The University of Georgia
 - Local restaurateur
 - County Environmentalists.



Fit to Eat

- Access to Dietitians
- Promotional Incentives
- Advertising in local media
 - Billboards
 - Newspapers
- Quarterly Nutrition Education
- Evaluation currently underway



Wellness First Evaluation Instruments

**Administered at the first and final session of
six-week class series**

- Pre and Post Test
- Modified Version of the Food Frequency Questionnaire (FFQ)
- Physical Activity Questionnaire
- Self-efficacy Questionnaire
- Demographics Questionnaire
- Weight / Height
- Program Evaluation



The Future of Wellness First

- Expand to additional rural counties
- Increase network of peer educators in each county to ensure sustainability of program
- Transcreate Wellness First materials into Spanish and pilot in Hall County
- Continue to evaluate and improve program